

## Radial Nerve Glide



Nerve glides should be pain free and should **not** increase any numbness or tingling to your arm or hand. If this occurs, discontinue the exercise and let your therapist know.

1. Stand with the body in a relaxed posture, arms resting at your side.
2. Press shoulder blade down and reach fingers toward the floor.
3. Internally rotate arm (turn thumb toward body) and flex wrist (bring palm up).
4. Slowly side bend head towards opposite shoulder. Keep wrist flexed (palm up) as shoulder is extended back.
5. Stop when you feel a comfortable stretch or light pull in your neck or arm.

Hold \_\_\_\_\_ seconds

Do \_\_\_\_\_ repetitions \_\_\_\_\_ times per day.

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*